# Allergies explained



Children can experience allergic reactions when they come into contact with something in the environment that they are allergic to – this thing is called **an allergen**. This can cause symptoms such as a runny nose, sneezing, itchy eyes, postnasal drip and nasal congestion. These symptoms can get in the way of your child's ability to sleep well, play and function in school. To help, here's more information on different respiratory allergens to look out for, and how to help reduce or remove them from your home.

## What is allergic rhinitis?



1 in 8 children worldwide suffer from allergic rhinitis<sup>1</sup> – it is the most common childhood ailment caused by allergies<sup>2</sup>



### An inflammatory condition affecting the upper airways

**DESCRIPTION** 

and the membranes of the nose and eyes, caused by an allergic reaction to an allergen<sup>3</sup>



**SYMPTOMS** 

Blocked or running nose, sneezing, itching and watering eyes and inflamed eyelids1



**TYPE** 

**Seasonal**: symptoms of seasonal allergic rhinitis can occur in spring, summer and early fall. They are usually caused by allergic sensitivity to outdoor

pollen and seasonal mold spores from grass, trees



and weeds – commonly known as hay fever Perennial: children with this type of allergic rhinitis experience symptoms year-round. It is generally caused by dust mites, pet hair or dander, or indoor



mold spores

# An allergy happens when the

How does the body defend itself



against allergens?

invader that it needs to fight off<sup>4</sup>

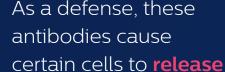
immune system overreacts

to an allergen, treating it as an



chemicals such as







reactions

**histamine** into the bloodstream





### **HOUSE DUST MITES**

These common allergens can trigger allergic rhinitis in children:



#### Microscopic organisms that **feed off of house dust and** the moisture in the air. They live and multiply easily in warm, humid places and are often found in pillows,

WHAT ARE THEY?



### mattresses, carpeting and upholstered furniture<sup>5</sup>

They are one of the most common indoor allergens, and symptoms can be present year round **HOW TO FIGHT BACK:** 

· Vacuum and dust your home (especially your child's



#### bedroom) regularly Avoid feather or down pillows; choose bedding made with synthetic materials instead

to penetrate

**POLLEN** 

sometimes known as hay fever

**SEASONALITY?** 

**Keep mattresses well ventilated** and make them up with special bedding that does not allow mite allergens

same temperature every three months



Keep your child's collection of soft toys to a minimum and wash them regularly in hot water — alternatively

put toys that can't be washed in the freezer overnight

Bedding should be laundered every one to two weeks

at 60°C. Pillows and blankets should be washed at the



WHAT IS IT? Pollen are the **cells of flowering plants**, including trees, grasses, and weeds; and are easily blown by the wind.

It is the most common cause of seasonal allergic rhinitis,

Each plant has a pollen season, but they usually start in



#### the spring and and last until November. Spring allergies are typically caused by tree pollen, while weeds and grasses are the common culprits of summer allergies. Ragweed and fungus spores often trigger fall allergies<sup>6</sup>

**HOW TO FIGHT BACK:** 

to your healthcare professional)

fine particles and contaminants

**SEASONALITY?** 

· Before playing outdoors, check the pollen level on **the Air Matters app** – which now includes a three day pollen forecast. If it's going to be high you can plan alternative activities, or use medication to help alleviate symptoms whilst your child is outdoors (speak

Ensure children are taking medication recommended

Do not hang your child's bedding or clothing outside

by a health professional to relieve symptoms

 Use an air purifier to remove pollen from indoor air. Philips air purifiers all feature VitaShield IPS

technology, which is proven to be effective against



### to dry · Ensure your child showers and washes their hair in the evening

ET DANDER WHAT IS IT?

Pet dander is composed of tiny, even microscopic,

flakes of skin and hair shed by cats, dogs, rodents,

birds and other animals with fur or feathers. They

easily stick to furniture, bedding, fabrics and many

items carried into and out of the home<sup>7</sup>

Symptoms can be present year round.



### **HOW TO FIGHT BACK8:**

**SEASONALITY?** 

 Keep pets out of your child's bedroom and playroom Avoid having rugs and wall-to-wall carpeting in your child's bedroom

Have someone other than your child wash or brush

your pet every week to help reduce the amount of

Mold is a fungus that comes in thousands of varieties.

In order to thrive, it needs two things, water and warmth.

Inhaling spores – the invisible airborne seeds of mold –



# **MOLD SPORES**

dander it spreads in the home



### **SEASONALITY?** Mold can be present indoors during the entire year

**HOW TO FIGHT BACK:** 

of carpet

can cause allergy symptoms<sup>9</sup>

WHAT ARE THEY?

 Repair any leaks quickly. If you notice a moldy odor in a room, look for hidden leaks In bathrooms, use washable throw rugs instead

Keep the humidity in your home between 40%



- 60%. Philips humidifiers and dehumidifiers are highly efficient, and help to maintain a comfortable humidity levels
- Philips believes there is always a way to make life better. Whilst

parents of allergy sufferers are powerless to control the quality of outdoor air, they can improve their indoor air at home and monitor outdoor allergen levels so their child can enjoy a happy, normal life.

1. Pols DH et al. Interrelationships between Atopic Disorders in Children: A Meta-Analysis Based on ISAAC Questionnaires. 2015 Jul 2;10(7)

2. http://acaai.org/allergies/who-has-allergies/children-allergies  $3. \ http://www.theipcrg.org/download/attachments/689587/EFABookonRespiratoryAllergiesFINAL.pdf?version=1\%26modificationDate=1332965739000$ 4. http://kidshealth.org/en/parents/allergy.html# 5. http://acaai.org/allergies/types/dust-allergy 6. http://fortworthent.net/types-of-allergies/  $7. \ \ http://www.lung.org/our-initiatives/healthy-air/indoor/indoor-air-pollutants/pet-dander.html?referrer=https://www.google.co.uk/pet-dander.html?referrer=html.pet-dander.html?referrer=html.pet-dander.html?referrer=html.pet-dander.html?referrer=html.pet-dander.html?referrer=html.pet-dander.html.pet-da$ 

8. http://kidshealth.org/en/parents/asthma-pet.html

9. https://www.parents.com/health/allergies/seasonal/mold-allergy/